

Suicide Prevention

Training

The Department of Mental Health recognizes the worthwhile benefit of proactive suicide prevention education. That's why we're offering a **FREE** suicide prevention training workshop (QPR), brought to your school, church, organization, place of business, etc. The workshop is approximately one hour and can be scheduled during lunch to accommodate employee work schedules.

Presented by a certified instructor, each QPR training includes information on:

- **the problem** of suicide nationally and in Missouri
- **common myths and facts** associated with suicide
- **the role of depression and chemical abuse** in suicide
- **warning signs** of suicide
- **basic intervention skills** to help avert suicide
- **ways of referring at risk** people to local resources

Attendees will receive the booklet "Ask a question, save a life" and card with information on suicide prevention, as well as resource information for treatment providers and support groups within their community.

**To Schedule Suicide Prevention Training
Please call The Department of Mental Health
573-751-2794.**